

Taking Care of Mild COVID-19 Symptoms at Home

There is no specific treatment for COVID-19. Most people who become sick can recover at home. If you have COVID-19 related symptoms, assume that you have it. Stay home and isolate

Stay home: Get rest and stay hydrated

Muscle aches: Use heating pad or pain relievers

Sore throat: Warm saltwater gargle. Warm liquids broths, tea

Fever or Chills: Take a fever reducing medicine such as acetaminophen or ibuprofen

Chest Congestion: Take a mucus thinner or decongestant. Keep air warm and moist



When to Seek Medical Attention Emergency Warning Signs for COVID-19

Trouble breathing

Constant pain or pressure in the chest

New confusion or inability to wake up

Bluish lips or face

***This is not a list of possible warning signs. Please discuss with your medical provider for any other symptoms that are severe or concerning.**